

BOUNDARIES IN RELATIONSHIPS

Purpose of Activity: Identify appropriate touch and talk boundaries within different types of relationships.

Estimated Time: 50-60 minutes.

Materials needed: *People in My Life* work sheets (1 for each student)

Procedure: Distribute one worksheet for each participant. Ask them what they think it means to have good boundaries. Define boundary as a limit or barrier that helps us know what is okay and not okay. When someone has good boundaries it means they understand the limits of what they can do or say around different people.

Explain that once we can identify the type of relationship we have with a person, it helps us to know limits for how we touch and talk with others. One at a time, starting at the top ask students to brainstorm examples of touch (p.294), greetings and talk for each category (p. 295) of relationship.

Key discussion points:

1. What is sexual talk (sexual talk includes talk about private body parts, slang words for private body parts, jokes involving sexual things, flirty talk, sharing sexual feelings with someone)? Use examples and concrete illustrations to help students understand each of these examples. What are common limits/rules/boundaries around sexual talk? Brainstorm people, relationships, and/or situations when sexual talk would be okay and not okay.
2. What is sexual touching (touching that involves the genitals or other intimate parts or unwanted affection)? What are common limits/rules/boundaries around sexual touching? Brainstorm people, relationships or situations when looking or touching private body parts might be okay (health, hygiene if need help, or consensual touching within sweetheart relationship) and not okay. Brainstorm people, relationships, and/or situations when sexual touching would be okay and not okay.
3. What is sexual behavior (actions and/or behaviors that are sexual in nature)?
4. How can you tell when sexual talk, touching, or sexual behavior are unwanted? Discuss social cues we might see that would indicate discomfort.
5. When new people come into our life, how can we decide what boundaries are okay or not okay?
6. How do you think having good boundaries can help us stay safe and socially appropriate?